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ADULT FLU VACCINE NOW AVAILABLE AT DOH-BAY

Everyone is encouraged to get their flu vaccination as soon as possible



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Panama City, Fla. - The Florida Department of Health in Bay County (DOH-Bay) is urging residents to contact their healthcare provider or pharmacy to get vaccinated against the flu as soon as possible. Once vaccinated, it takes about two weeks to offer protection. DOH-Bay now also has vaccines for adults and seniors available. Children's doses are not available at this time.

"Last year's flu shot will not protect you this year. Everyone who is able to get a flu shot should get a vaccination annually to protect themselves and those around them," said Sandon S. Speedling, MHS, CPM, CPH, Administrator and Health Officer for the Florida Department of Health in Bay County.

DOH-Bay is now offering flu vaccines for adults ages 18 and older. DOH-Bay is offering adult flu vaccines for \$37.39 and high-dose flu vaccine for \$78.59. Vaccines are available by appointment only. Please call (850) 872-4455 and follow the prompts for an appointment. If your organization is interested in on-site flu vaccinations, please contact Khrystal Whitfield at khrystal.whitfield@flhealth.gov or call (850) 252-9553.

There will be less spread of the flu if everyone continues to:

- Stay home if you're sick
- Cover coughs and sneezes
- Wash your hands frequently and thoroughly

The flu vaccine is recommended for everyone six months and older, including pregnant women. It can take up to two weeks after vaccination for your body to develop protection against the flu. Getting vaccinated if you are healthy helps to protect our most vulnerable populations. People at higher risk for flu-related complications include children less than 5, adults over the age of 65, people with compromised immune systems, pregnant women and people who have existing medical conditions, such as asthma and obesity.

To learn more about the flu, visit the following:

- General flu information- [cdc.gov/flu/](https://www.cdc.gov/flu/).
- People at high risk for complications- [cdc.gov/flu/highrisk/index.htm](https://www.cdc.gov/flu/highrisk/index.htm).
- Flu vaccine safety- [cdc.gov/flu/protect/vaccine/vaccinesafety.htm](https://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

- VaccineFinder.org- <https://www.cdc.gov/flu/prevent/index.html>.

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